

**Apples: Eat them for
nutrition; pick them for
exercise and meditation..**



Wellness

WEDNESDAYS

healthy, uplifting ideas each week



[HTTPS://FORMS.GLE/V3XJQMTZ4B9RTXCJ7](https://forms.gle/V3XJQMTZ4B9RTXCJ7)
TO SIGN UP

Get Uplifted!

COMMONHEALTH CONNECTIONS

Healthy habits

**DO YOUR BEST TO STAY WELL BY
TAKING CARE OF YOURSELF
FIRST AND FOREMOST**



www.commonhealth.virginia.gov

***Night Sky Viewing: A
great way to wind down
the day. Check out Mars,
the reddish orange
planet, in October 2020!***

